



# Better Choices, Better Health® SD

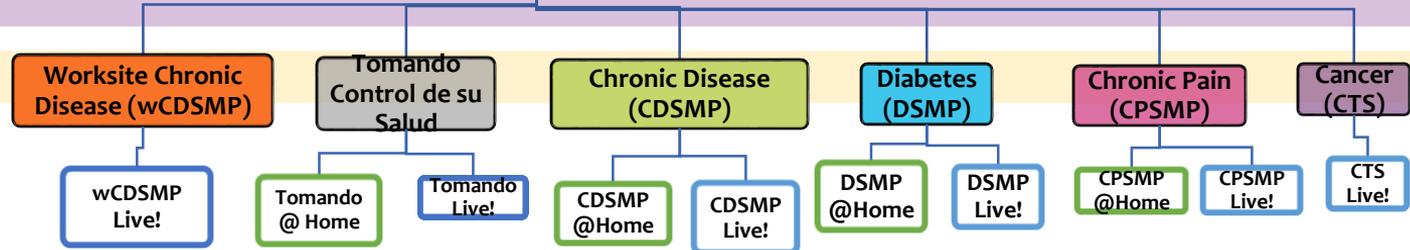
Lori Oster, BCBH® SD Program Director



# Chronic Disease Self-Management Education

## In-Person

## Distance Learning



### In-Person

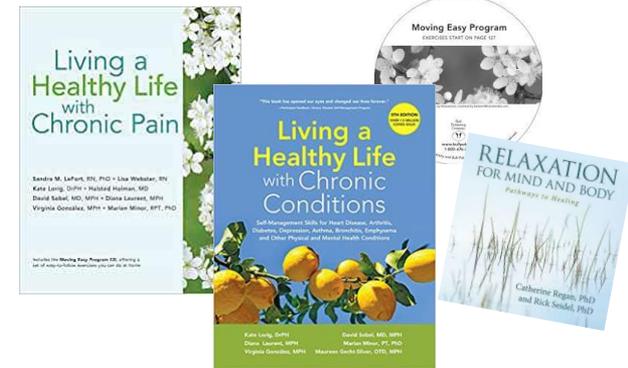
- 12-16 participants
- 2 trained leaders
- 6-week workshop
- 2 ½ hours, 1 day a week

### Distance Learning (Live!)

- Connect via Zoom
- 8-12 participants
- 2 trained leaders & 1 moderator
- 6-week workshop
- 2 ½ hours, 1 day a week

### Distance Learning (@Home)

- Self-Study
- 6-week workshop
- Weekly Leader Calls with small group (4 participants)



# Physical Activity Education & Fall Prevention

In-Person

Walk With Ease  
(WWE)

Fit & Strong  
(FS)

Distance Learning

Take a Step &  
WWE

FS @Home

## In-Person (WWE)

- 2 trained leaders
- 6-week workshop
- 1 hour, 2-3 times a week
- Discussion & walking at your own pace

## Distance Learning (TAS WWE)

- Self-study lessons
- Connect via Zoom for 30 minute weekly sessions
- 6-week workshop
- 1 trained leader

## In-Person (FS)

- 2 trained leaders
- 90 min., 3x/week, 8-weeks  
**OR** 90 min., 2 x/week, 12 wks
- Discussion, flexibility, strength training, walking

## Distance Learning (FS @ Home)

- 2 trained leaders
- 90 min., 3x/week, 8-weeks **OR** 90 min., 2 x/week, 12 wks
- Held over Zoom

## Tomando Control de su Salud



Seis semanas a dos horas y media el taller cobra:

- Manejar los problemas y establecer las metas
- Hacer frente a emociones difíciles
- Trabajar con su proveedor médico
- Ideas para la nutrición y actividad físico
- La relajación y bienestar
- Manejar los síntomas de condiciones crónicas

Regístrate llamar a:

1-605-681-6878

[www.BetterChoicesBetterHealthSD.org](http://www.BetterChoicesBetterHealthSD.org)



Tomando Control de su Salud es un programa de Self-Management Resource Center

Un taller gratis de bienestar y motivación de hacer parte para cuidar su salud que se enseña 100% en español



*“Antes de esa clase no he nunca tenido la confianza de entender y manejar mis síntomas. Además, ahora tengo unos nuevos amigos que me soportan y me motiven”*

Para registrarse llamar a:

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## SPANISH CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

- Live! (virtual)
- Toolkit
- In-person (coming)
- Focus Group






**BCBH Live!**

- Virtual participation (Zoom)
- 6 weeks
- Weekly 2 ½ hour Zoom Sessions
- Up to 12 workshop participants



**BCBH@Home**

- Self-Study mailed Toolkit
- Weekly 1-hour Check-in Calls
- 6-weeks
- Up to 6 workshop participants

Month	Program	Dates	Times
Aug	Pain Live!	Aug 5 – Sept 9 Thursday's	12:00 pm – 2:30 pm MT 1:00 pm – 3:30 pm CT
	Chronic Disease Live!	Aug 19 – Sept 23 Thursday's	5:00 pm – 7:30 pm MT 6:00 pm – 8:30 pm CT
	Chronic Disease Live!	Aug 26 – Sept 30 Thursday's	2:30 – 5:00 pm MT 3:30 – 6:00 pm CT
Sept	Chronic Disease Live!	Sept 7 – Oct 12 Tuesday's	9:00 am – 11:30 am MT 10:00 am – 12:30 pm CT
Oct	Cancer Live!	Oct 6 – Nov 10 Wednesday's	12:00 pm – 2:30 pm MT 1:00 pm – 3:30 pm CT
	Chronic Disease Live!	Oct 7 – Nov 11 Thursday's	3:00 pm – 5:30 pm MT 4:00 pm – 6:30 pm CT
	Diabetes Live!	Oct 19 – Nov 23 Tuesday's	11:00 am – 1:30 pm MT 12:00 pm – 2:30 pm CT
Ongoing	Join our waitlist!	Register to join our waitlist for one or more of our program offerings. We will contact you when a program is available.	



- **Fall Prevention Awareness Week:** September 20<sup>th</sup> to 24<sup>th</sup>
- **South Dakota Fall Prevention Awareness Toolkit:**
  - Signs
  - Brochures
  - Social media posts
  - Articles and blogs
  - Testimonials

**Fall  
Prevention  
Awareness  
Tool Kit**



A stylized blue figure with arms raised, representing a person or a coalition member.  
**SOUTH  
DAKOTA *Fall*  
Prevention  
COALITION**



# LAY LEADER TRAINING

**DATE:** AUGUST 19TH - SEPT. 30TH

**DAYS:** MONDAY & THURSDAYS

**TIME:** 1:30-4:00 PM MT/ 2:30-5:00PM CT

**LOCATION:** ZOOM

**REQUIREMENT:** RELIABLE INTERNET & COMPUTER WITH AUDIO & VISUAL CAPABILITY

## Here's what's involved in the training:

Full attendance at the 7-week virtual training  
(2 weekly sessions/ 2.5 hours each)

- Receive a scripted manual
- Schedule a workshop to facilitate within 6 months of training
- To remain an active leader, co-facilitate a minimum of 1 workshop per year
- Cross-training opportunities for active BCBH-SD leaders available in additional curriculums: Chronic Pain, Diabetes, Cancer, & Worksite!

## LAY LEADER APPLICATION INFORMATION

### Application Details:

After your application is received, you will be contacted to set up a Zoom interview. During the interview, BCBH-SD will review leader expectations and training details and provide the opportunity to address any questions. After the interview, to complete registration, you will be sent required paperwork and online payment information (*sponsored volunteer leaders only*).

If you are applying as...

- A **Volunteer Leader**, not sponsored by an employer or organization, we ask that you complete the SDSU Volunteer Work Agreement\* and agree to a background check\* by SDSU Extension
  - **Registration** = FREE
- **Sponsored Volunteer Leader** by your employer/organization to attend the training and become a certified Chronic Disease Self-Management Education Lay Leader for BCBH-SD, your sponsoring employer/organization will need to sign the BCBH-SD Memorandum of Agreement\* (MOA).
  - **Registration** = \$250

*\*agreements will be sent to you after you have been interviewed and selected*

Please note that all Lay Leaders will be asked to sign an agreement in which they will:

- co-lead one or two six-week workshops each year
- agree to a minimum two-year commitment of being a Lay Leader
- join the BCBH-SD Network (attend Lay Leader meeting, annual conference, update trainings, etc.)
- respect confidentiality of participants
- maintain integrity and fidelity of the BCBH-SD program

# What to remember about BCBH-SD...



1. They are FREE
2. They are for any adult 18+ in SD
3. You may attend more than one/once
4. They compliment other healthcare programs
5. In-person, virtually, or self-guided with telephone support workshops
6. Consultation services provided
7. Registration is required; referrals are not required, but very helpful
8. CHWSD - BCBH collaboration
9. Medicaid reimbursement
10. State Health Plan employees beneFit

Make  
feeling good  
your top  
priority



A WELLNESS  
CLASS FOR EVERYONE





## Order Free Materials in the SD DOH Education Materials Catalog



Categories	Publications List
Cancer	<b>Chronic Disease</b>
Cardiovascular	Publication Title
Chronic Disease	Referrals to Chronic Disease Programs in SD
Diabetes	Multiple Chronic Conditions Rack Card (print)
Disease Prevention	BCBH Workshop Posters (set of 4 posters)
Family Health	BCBH Chronic Disease Rack Card (print prev)
Health Services	BCBH Diabetes Rack Card (print preview)

### BCBH-SD Referrals Model Policy

Guidelines created to assist all healthcare professionals to embed a referral process within their organization for patients and/or clients who might benefit from attending a BCBH workshop.



Download your copy at  
<https://goodandhealthsd.org/wp-content/uploads/2018/06/FinalBCBHModelPolicy.pdf>



**Better Choices, Better Health** workshops are **FREE** for adults in South Dakota! Workshop participants living with a variety of health conditions such as arthritis, depression, fatigue and more learn how healthier choices improve quality of life & inspire positive lifestyle changes.

### **SELF-MANAGEMENT EDUCATION** CHRONIC DISEASE | PAIN | DIABETES | CANCER

- Action Planning
- Managing Difficult Emotions
- Communication Skills
- Making Informed Decisions
- Relaxation Skills
- Nutrition & Physical Activity

### **PHYSICAL ACTIVITY** WALK WITH EASE | FIT & STRONG

- Reducing Pain & Discomfort
- Walking Safely
- Preventing Falls
- Strength, Stamina & Stretching

**Workshop Formats: IN-PERSON | VIRTUAL | SELF-GUIDED**

Call **1-888-484-3800** or  
 visit **www.betterchoicesbetterhealthsd.org**



## CONTACT

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*Thank you!*



**Facebook** | BCBHSD

**Contact Us** | [betterchoices.betterhealth@sdsstate.edu](mailto:betterchoices.betterhealth@sdsstate.edu)

**Register & Refer** | [www.betterchoicesbetterhealthsd.org](http://www.betterchoicesbetterhealthsd.org)  
1-888-484-3800



Returning  
summer of  
2021